

Claims

- [1] A multi-functional running machine 100 comprising a lower frame 1 installed with a running belt 5 being rotated by motor 13; a support frame installed into the one side of the lower frame 1; a handle 3 attached to the support frame 2; and a scale plate 4 being characterized in that the running belt 5 is reciprocately moved in a predetermined scope.
- [2] The multi-functional running machine 100 according to claim 1, the scale plate 4 indicates is indicated with a reciprocating times, a reciprocating distance and a reciprocating speed of the running belt 5 and is installed with a lamp and a speaker alarming the conversion of forwarding and reversing rotations of a motor 13.
- [3] The multi-functional running machine 100 according to claim 1, the scale plate 4 indicates is indicated with a reciprocating times, a reciprocating distance and a reciprocating speed of the running belt 5 and is installed with a lamp and a speaker alarming the conversion of forwarding and reversing rotations of a motor 13.
- [4] The multi-functional running machine 100 according to claim 1, both edges of the lower frame 1 and both edges of the running belt 5 are formed with a recognition table 23, respectively, the recognition table being for recognizing the reciprocating times, reciprocating distance and reciprocating speed of the running belt 5.
- [5] A method for controlling to be allowed a running belt 5 in a running machine 100 to be reciprocately moved wherein forwarding and reversing rotations of the running belt 5 are controlled by a motor driver 24 to thereby allow the running belt 5 to be reciprocately moved at a predetermined reciprocating length, reciprocating times and reciprocating speed.
- [6] The method according to claim 5, wherein the running belt 5 is adapted to stop actuating if it is moved over a settled time in any one direction when forwardly or reversely rotating.
- [7] The method according to claim 5, wherein a reciprocating times, a reciprocating distance and a reciprocating speed of the running belt 5 are used directly by user or used selectively by the user using a program being set in advance with various combinations.
- [8] The method according to claim 5, wherein the speed of a forwarding direction and the speed of a reversing direction during the reciprocating movement of the running belt 5 are controlled differently from each other.
- [9] The method according to claim 5, wherein the running belt 5 is controlled for a

[10] reciprocating movement within a reciprocating interval to occur above one time.
The method according to claim 5, wherein the running belt 5 is controlled to have a stopping interval above one time within the reciprocating interval.